



106 easy Kitchen-Tested  
recipes...made doubly  
delicious with  
**A&P MILK**







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## *Appetizing ways to much better eating... with milk*



Between the covers of this booklet are dozens of menu-sparking ideas...wonderful recipes for mealtime and party foods. Simple to make, they're downright delicious, *and* provide the essential nutritive values of top quality milk.

**A&P MILK** Products offer you the *convenience* of a plentiful supply of pure, wholesome milk as handy as your kitchen cupboard...the *variety* of three different forms of processed milk to meet every family need...the *economy* of their modest cost at A&P. No finer milk at any price!



# *A&P Milk Products Cost You Less, Yet You Can't Buy Better at Any Price!*

## **A&P EVAPORATED MILK**

This pure, wholesome milk from tested herds, evaporated to double richness. *Only water has been removed*—all the natural milk protein, minerals and B Vitamins are retained.

**HOMOGENIZED, FORTIFIED WITH EXTRA VITAMIN D.** Because A&P EVAPORATED MILK is homogenized, it is easy to digest by children and adults, mixes evenly with water when reconstituted. Its natural Vitamin D content is increased by the addition of crystalline Vitamin D<sub>3</sub>, so that every reconstituted quart provides the minimum daily requirements for

infants, children and adults.

**RECOMMENDED FOR INFANT FEEDING.** Processed under constant quality and purity controls, A&P EVAPORATED MILK is ideal for infant formulas. Ask your doctor. Guaranteed pure and safe, homogenized for easy digestibility, fortified with extra Vitamin D<sub>3</sub>.

**THE MULTI-PURPOSE MILK.** Wonderful in coffee, tea or chocolate just as it comes from the can ...in frothy cold milk drinks, too. And it's unsurpassed for cooking and baking, for frozen desserts, wherever milk is specified.





## A&P INSTANT NONFAT DRY MILK CONTAINS VITAMIN A & D

This product is processed from pure, fresh whole milk. *Only the fat and the water have been removed.* All of the essential proteins and minerals of fresh skim milk are retained, resulting in a high-protein milk product ideal for low-fat diets, and for enriching regular diets with additional protein.

**DISSOLVES INSTANTLY.** No fussing, no beating or shaking — A&P INSTANT dissolves the moment it is mixed with water, makes a refreshing fat-free beverage with a pleasing fresh-milk flavor. Perfect for making appetizing, satisfying hot or cold drinks, mixed with other flavorings...can be used in cooking and baking, too. Needs no refrigeration until it is reliquefied; then refrigerate like fresh milk.

**LOW IN CALORIES.** A&P INSTANT DRY MILK fortifies *without fat* — with the milk nutrients the body needs to maintain good health.

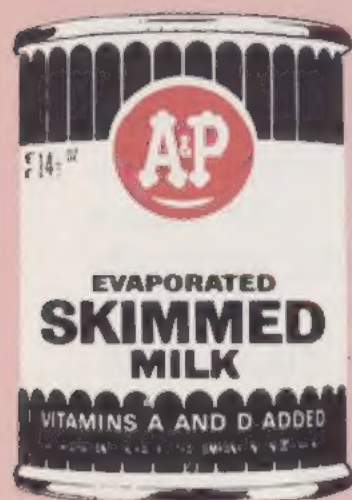


## OTHER VARIETIES OF A&P MILK

### WHITE HOUSE NONFAT DRY MILK

White House Nonfat Dry Milk provides the same nutritional elements as A&P Instant. It mixes readily with water but does not dissolve quite as quickly as the Instant. It is especially recommended for cooking and baking.

### A&P EVAPORATED SKIMMED MILK



Growing in popularity every day, A&P Evaporated Skimmed Milk makes available a pure, nourishing, low-fat milk in handy form—just made for those who love evaporated milk but want one practically fat-free. Try it!



*A&P gives*



### BASIC A&P DIP

|                                          |                                |
|------------------------------------------|--------------------------------|
| $\frac{1}{3}$ cup A&P<br>Evaporated Milk | 1 tsp. Worcestershire<br>sauce |
| 1 8-oz. package cream<br>cheese          | Other seasoning to taste       |

Thoroughly blend all ingredients until smooth and creamy. Cover and store in refrigerator until ready to use. Makes about  $1\frac{1}{4}$  cups. Use as a base for the following dips and dunks:

**GREEN TANGY:** To 1 recipe Basic Dip, add  $\frac{1}{4}$  cup each finely minced parsley and chives (or scallions),  $\frac{2}{3}$  Tbsp. lemon juice, dash Tabasco. Mix well.

**ANCHOVY:** To 1 recipe Basic Dip, add 1 Tbsp. anchovy paste,  $\frac{2}{3}$  Tbsp. lemon juice, dash Tabasco,  $\frac{1}{4}$  cup finely chopped stuffed olives. Mix well.

**CHEESY:** To 1 recipe Basic Dip, add 8 oz.

crumbled Bleu or Roquefort cheese, 1 finely minced small white onion and 2 Tbsp. lemon juice. Blend and chill.

**BACON:** To 1 recipe Basic Dip, add 8 crumbled crisp bacon slices, 1 minced small onion,  $\frac{1}{4}$  cup finely chopped black olives. Mix well.

**CLAM:** To 1 recipe Basic Dip, add 1 can ( $7\frac{1}{2}$ -oz.) drained minced clams, 1 Tbsp. grated onion, dash Tabasco,  $\frac{1}{4}$  cup thick sour cream. Blend and chill.

To make dips thinner to taste, blend in lemon juice, additional evaporated milk, thick sour cream or mayonnaise until dip reaches desired consistency.

*These make good dippers:* Corn chips, little crisp crackers, pickle, celery and pretzel sticks, French fries, potato chips, party-rye slices, pumpernickel fingers, pineapple or avocado chunks, Melba toast, etc.

*you best flavor... best quality... best value*



## *SALMON SPREAD*

- |                                          |                                                   |
|------------------------------------------|---------------------------------------------------|
| 2 hard-cooked eggs,<br>chopped           | $\frac{1}{4}$ cup A&P Instant<br>Nonfat Dry Milk  |
| 1 can salmon, drained<br>and flaked      | 1 tsp. prepared mustard                           |
| $\frac{1}{4}$ cup sweet pickle<br>relish | $\frac{1}{4}$ cup mayonnaise or<br>salad dressing |
|                                          | Salt and pepper to taste                          |

Combine all ingredients and mix well. Spread on whole wheat or rye bread. Makes enough to fill 3 sandwiches.

## *TUNA-EGG SPREAD*

- |                                         |                                                  |
|-----------------------------------------|--------------------------------------------------|
| 1 7-oz. can tuna,<br>drained and flaked | $\frac{1}{4}$ cup A&P Instant<br>Nonfat Dry Milk |
| 2 hard-cooked eggs,<br>chopped          | $\frac{1}{3}$ cup mayonnaise                     |
| 1 Tbsp. chopped green<br>pepper         | Salt and pepper to taste                         |
| 1 Tbsp. lemon juice                     | $\frac{1}{3}$ cup chopped nuts<br>(optional)     |

Combine all ingredients (except nuts) and mix well. Stir in nuts just before spreading on bread. Makes enough for 2 generous sandwiches.

## *SWISS CHEESE-MEAT SANDWICH FILLING*

- |                                                        |                                          |
|--------------------------------------------------------|------------------------------------------|
| $\frac{1}{4}$ lb. Swiss cheese,<br>grated              | 1 tsp. prepared mustard                  |
| 1 cup chopped cooked<br>beef or other leftover<br>meat | $\frac{1}{4}$ cup A&P Evaporated<br>Milk |
|                                                        | Seasonings to taste                      |

Combine all ingredients and mix well. Seasonings added to taste can be minced onion and green pepper; chopped olives; salt and pepper; pinch oregano or basil; minced parsley; etc. Makes enough filling for 2-3 sandwiches. Good on rye as well as white.



*Put more milk in your diet by*



## DIPS, SPREADS AND BITES

### 3-In-1 CHEESE MIX

- |                                      |                          |
|--------------------------------------|--------------------------|
| 1 8-oz. package cream cheese         | Nonfat Dry Milk          |
| 1 cup crumbled Bleu cheese           | Dash onion juice         |
| 2 cups shredded sharp Cheddar cheese | Salt and pepper to taste |
| 1/2 cup A&P Instant                  | 3-4 Tbsp. water          |
|                                      | Minced parsley           |

Cream cheeses and nonfat dry milk together; season if desired, add additional seasoning to taste. Slowly beat in water, a spoonful at a time; mixture should be fluffy, but not soft. Wet a small bowl, shake almost dry and sprinkle generously with minced parsley; pack cheese mixture into bowl and chill several hours. Turn out and serve with assorted crackers for scooping or spreading.

### SAVORY STUFFED CELERY

- |                                     |                                              |
|-------------------------------------|----------------------------------------------|
| 1/3 cup A&P Instant Nonfat Dry Milk | 1 8-oz. pkg. cream cheese, softened          |
| 1 Tbsp. lemon juice                 | Salt and pepper to taste                     |
| 1 Tbsp. minced onion                | Dash Tabasco                                 |
| 1/4 cup crumbled Bleu cheese        | 3 Tbsp. milk, water or liquid (more or less) |
|                                     | Celery stalks                                |

Combine and thoroughly mix all ingredients (except celery), blending in liquid to make mixture spreadable but not too soft. Fill cleaned celery stalks and cut into 2-in. segments; chill. Sprinkle with paprika or minced parsley to serve.

*cooking and baking with A & P Milk Products*



## ASSORTED CHEESY BITES

**1 8-oz. package cream  
cheese**  
**¼ cup A&P Evaporated  
Milk**

**1 cup finely chopped  
walnuts, pecans or  
peanuts**  
**1 tsp. Worcestershire  
sauce**

Combine ingredients and blend well. Chill. Shape spoonfuls of mixture into little logs or balls. Roll in coating, then chill until ready to serve. Roll logs or balls in minced parsley; paprika; finely chopped, hard-cooked egg; chopped coconut; minced chives; or crushed potato chips. Makes about 3 dozen balls or logs.

## CORNER BEEF-SLAW SALAD

### FILLING

**1 cup shredded carrot**  
**1 cup shredded cabbage**  
**1 tsp. minced onion**  
**1 12-oz. can corned  
beef, cut up**

**¼ cup A&P Evaporated  
Milk**  
**Salt and pepper to taste**  
**Other seasonings to taste**  
**French dressing**

In a chopping bowl combine carrot, cabbage, onion and beef; chop until fine and well blended, adding evaporated milk gradually. Season to taste. If necessary, moisten with French dressing to spread easily. Makes enough filling for 3 sandwiches.



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### ONION PARTY DIP

- |                           |                                      |
|---------------------------|--------------------------------------|
| 1 cup A&P Evaporated Milk | 1 8-oz. package cream cheese         |
| 3 Tbsp. lemon juice       | 1 Tbsp. minced chives                |
| Dash Tabasco              | 1 envelope dehydrated onion soup mix |

Blend evaporated milk, lemon juice and Tabasco until thickened and very smooth. Mash cream cheese, add chives and thickened milk mixture; beat until blended. Add onion soup and mix well. Chill for 1 hour. Makes about 2½ cups.

### DEVILED HAM DUNK

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 family-size can deviled ham        | ½ cup A&P Evaporated Milk   |
| ¼ cup mayonnaise or thick sour cream | 1 Tbsp. minced scallions    |
| 1 8-oz. package cream cheese         | 1 Tbsp. chopped dill pickle |

Mix ingredients. Chill until ready to use. Makes about 2 cups. Good with corn chips, toasted rye bread chunks, crisp crackers.

*... high in protein... low in cost*





## VELVET EGG NOG

|                                                  |                                     |
|--------------------------------------------------|-------------------------------------|
| 2 eggs                                           | $\frac{1}{8}$ tsp. salt             |
| 2-3 Tbsp. sugar                                  | 1 $\frac{1}{2}$ cups ice-cold water |
| $\frac{3}{4}$ cup A&P Instant<br>Nonfat Dry Milk | 1 $\frac{1}{2}$ tsp. vanilla        |

Beat eggs until very thick and frothy. Beat in sugar and salt. Add nonfat dry milk, water and vanilla. Continue beating until smooth and creamy. Makes 2 servings.

**SPICY EGG NOG:** Add and beat with other ingredients  $\frac{1}{4}$  tsp. ginger, dash cinnamon, dash nutmeg.

**ORANGE NOG:** Add and beat in with other ingredients, the juice of 1 orange and 1 Tbsp. grated orange rind.

**COFFEE NOG:** Add and beat in with other ingredients 1-2 Tbsp. instant coffee.

**RUM NOG (Non-alcoholic):** Add to other ingredients 2 tsp. rum extract.

**HOLIDAY CHEER NOG:** Prepare 5 times the basic recipe, omitting vanilla. Add 1  $\frac{1}{2}$  cups whiskey, rum, or brandy according to taste. Chill. Just before serving stir in  $\frac{1}{2}$  cup heavy cream whipped until thick but not stiff. Serve at once. Makes about 16-18 punch cup servings.

**CHOCOLATE NOG:** Add 2-3 Tbsp. chocolate syrup to basic recipe. Or omit sugar and vanilla and add 3 Tbsp. A&P Instant Chocolate Drink.

*never be without A & P Milk Products*



## SUNDAE-STYLE ICED COFFEE

|                                   |                                            |
|-----------------------------------|--------------------------------------------|
| 4 Tbsp. Instant Coffee            | 1 pint chocolate ice cream                 |
| 1/4 cup sugar                     | Sweetened whipped cream or whipped topping |
| 1 cup A&P Instant Nonfat Dry Milk | Cinnamon                                   |
| 2 cups water                      |                                            |

Combine instant coffee, sugar, nonfat dry milk and water; mix smooth. Beat in ice cream with a rotary or electric beater. Partially fill tall glasses with shaved or chopped ice; add beverage and top with whipped cream or topping and sprinkle with cinnamon. Makes 3-4 servings, depending on size glass.

## WINTER FRUIT PUNCH

|                                             |                                    |
|---------------------------------------------|------------------------------------|
| 1 tall can A&P Evaporated Milk (1 2/3 cups) | 1 cup strained baby fruit (2 jars) |
| 2 cups water                                | 1/4 tsp. vanilla                   |
| 2-3 Tbsp. sugar                             | Tiny marshmallows                  |
| Dash salt                                   |                                    |

In a saucepan, combine evaporated milk, water, sugar, salt and strained fruit; mix well. Heat to a simmer; stir in vanilla. Serve in mugs with a few tiny marshmallows scattered on top. Makes about 4 servings.

**BANANA PUNCH:** Prepare as above, substituting 2 large ripe mashed bananas for strained fruit.

**HONEY FRUIT:** Prepare as above, reducing sugar to 1 Tbsp., and adding 2 Tbsp. honey. Omit vanilla.



## GOOD MILK SHAKE

|                                           |                                           |
|-------------------------------------------|-------------------------------------------|
| 3-4 Tbsp. sugar                           | Dash salt                                 |
| 1 1/4 cups A&P Instant<br>Nonfat Dry Milk | 2 cups ice-cold water<br>1/4 tsp. vanilla |

Combine all ingredients and blend or shake until frothy and smooth. Serve cold. Makes 2 servings.

**MOCHA FROSTED:** Prepare shake as above, add 2 Tbsp. instant coffee, 2 scoops coffee ice cream.

**BANANA SHAKE:** Prepare shake as above, adding 1 large ripe mashed banana. Serve with a spoonful whipped cream and a dash of nutmeg.

**GOLDEN ORANGE SHAKE:** Prepare shake as above, omit vanilla. Add 4-5 Tbsp. orange juice concentrate or undiluted frozen orange juice, 1/4 tsp. almond flavoring.

**SPECIAL CHOCOLATE SHAKE:** Prepare shake as above. Add 4 Tbsp. chocolate syrup, 1 egg, 1/4 cup ice-cold water in addition to above. Blend until smooth.

**FROSTY MILK SHAKE.** Prepare shake as above. Add 2 scoops ice cream.

## DOUBLE DAIRY FLOAT

|                                        |                                          |
|----------------------------------------|------------------------------------------|
| 1 bottle (7 oz.)<br>ginger ale         | 2 large scoops straw-<br>berry ice cream |
| 1/3 cup A&P Instant<br>Nonfat Dry Milk | Fresh strawberries<br>for garnish        |

In a tall glass mix part of ginger ale with dry milk until dissolved. Add 1 scoop strawberry ice cream; pour in remaining ginger ale. Top with remaining ice cream; garnish with strawberries. Makes 1 serving.

*for milk... have some every day*



## *RICH HOT COCOA*

2 Tbsp. cocoa  
2 Tbsp. sugar  
Dash salt

1 1/4 cups water  
1 tall can A&P Evapo-  
rated Milk (1 2/3 cups)

In a saucepan mix cocoa, sugar, salt and 1/4 cup water; mix smooth and simmer few minutes. Stir in remaining water and evaporated milk, heat. Serve beverage piping hot. Add extra sugar to taste, if desired. Makes 2-3 servings.

**HOT MINTED COCOA:** Prepare hot cocoa as above. Stir in 4-5 after-dinner mints while mixture is simmering.

**BRAZILIAN COCOA:** Prepare hot cocoa as above. Stir in 1/2 tsp. (or more to taste) instant coffee while mixture simmers. Serve hot with sweetened whipped cream and a

dash of cinnamon. Or chill and serve cold with a small ball chocolate ice cream and sweetened whipped cream.

**ICED COCOA COOLER:** Prepare hot cocoa as above, doubling recipe. Add additional sweetening to taste. Chill and pour over chopped ice. Top with Whipped Topping.

## *HOT TOMATO JUICE APPETIZER*

1 cup tomato juice  
2 cups water  
Dash onion juice  
1 Tbsp. lemon juice

Salt to taste  
1/2 cup A&P Instant  
Nonfat Dry Milk  
Dash Tabasco

In a saucepan, combine all ingredients and mix until smooth. Simmer and stir until just hot and serve at once. Avoid overcooking. Makes 4 servings.



*SUMMER FRUIT COOLER*

1 can (6 oz.) frozen fruit juice concentrate  
2 cups ice-cold water  
1 heaping cup chopped ice  
 $\frac{1}{2}$  cup A&P Instant Nonfat Dry Milk

Combine and shake vigorously; or beat at high speed on electric mixer. Serve at once. Makes 3-4 servings.

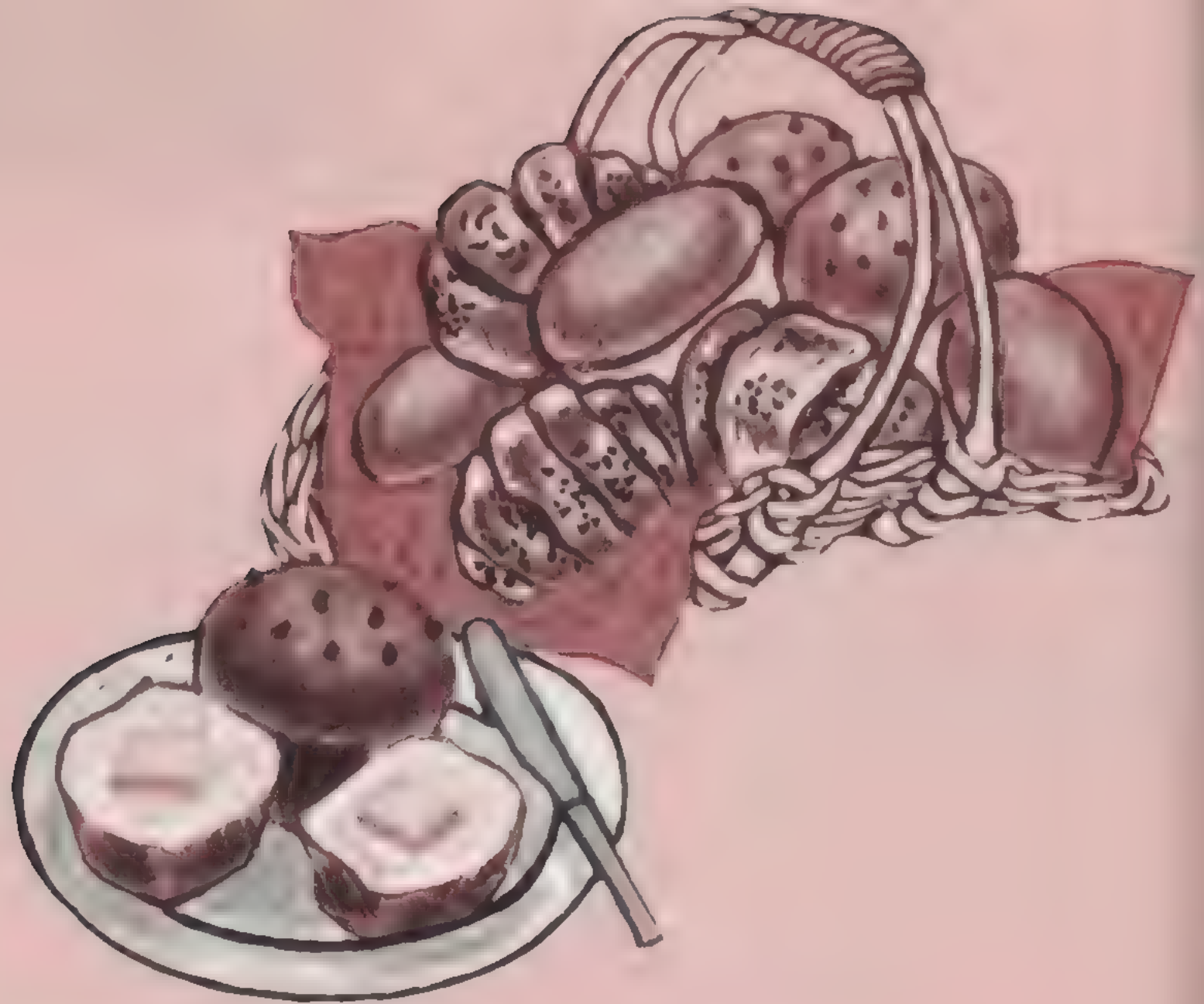
*PEANUT BUTTER MILK*

$\frac{1}{2}$  cup A&P Instant Nonfat Dry Milk  
1 Tbsp. sugar  
2 cups water  
2-3 Tbsp. smooth and creamy peanut butter  
 $\frac{1}{4}$  tsp. vanilla

Combine all ingredients and beat smooth. Makes 2 servings.

*than you get in thrifty A & P Milk Products*





## MUFFINS

|                      |                           |
|----------------------|---------------------------|
| 2 cups sifted flour  | ½ cup A&P Evaporated Milk |
| 3 tsp. baking powder |                           |
| 3 Tbsp. sugar        | ½ cup water               |
| ½ tsp. salt          | ¼ cup melted shortening   |
| 1 egg                |                           |

Set oven at 400°, or hot. Mix dry ingredients and sift into a large bowl. Beat egg and evaporated milk, water and melted shortening; mix well. Add liquid ingredients all at once to dry ingredients; stir quickly until mixed but still lumpy; do not beat. Fill greased muffin cups  $\frac{2}{3}$  full; if batter does not fill all cups, fill empty ones with water to prevent burning. Bake 25 minutes, or until muffins test done. Makes about 18 2-inch muffins.

**NUT MUFFINS:** Add 1 cup chopped nuts to sifted dry ingredients.

**SURPRISE MUFFINS:** Before baking, drop a generous teaspoon orange marmalade or favorite fruit preserve into each muffin.

**ORANGE MUFFINS:** Increase sugar by 2 Tbsp. Reduce water to  $\frac{1}{4}$  cup and add  $\frac{1}{4}$  cup orange juice, 2 Tbsp. grated orange rind. Bake as directed.

**RAISIN MUFFINS:** Add 1 cup dark or light seedless raisins to sifted dry ingredients.

**HOLIDAY MUFFINS:** Add  $\frac{1}{2}$  cup chopped seedless raisins,  $\frac{1}{2}$  cup chopped nuts to sifted dry ingredients. Top each unbaked muffin with a spoonful of canned whole-cranberry sauce or drained, crushed pineapple. Bake as directed.



## BISCUITS

|                       |                      |
|-----------------------|----------------------|
| 2 cups sifted flour   | ½ cup A&P Evaporated |
| 2½ tsp. baking powder | Milk                 |
| 1 tsp. salt           | ¼ cup water          |
| ¼ cup shortening      |                      |

Set oven at 450°, or very hot. Mix dry ingredients and sift into a large bowl. Cut shortening into dry ingredients until mixture resembles corn meal. Combine evaporated milk and water; stir into dry ingredients until moistened. Turn out on lightly floured board and shape into a rounded ball; knead lightly about 10 times. Roll or pat dough to about ½ in. thickness. Cut with floured biscuit cutter and place on ungreased baking sheet. Bake 10-12 minutes, or until a golden brown. Makes about 1½ dozen biscuits.

**CHEESE BISCUITS:** Add ½ cup grated sharp cheese to sifted dry ingredients. Brush biscuits with melted butter or margarine before taking from oven.

**ORANGE BISCUITS:** Add grated rind of 1 large orange to sifted dry ingredients. Brush tops of biscuits with ¼ cup orange juice mixed with 2 Tbsp. sugar about 4 minutes before taking from oven.

**SEEDY BISCUITS:** Add 1 tsp. caraway seed ¼ tsp. celery seed to sifted dry ingredients. Sprinkle tops of unbaked biscuits with few poppy seeds.

**HERB BISCUITS:** Add ½ tsp. caraway seed, ¼ tsp. powdered sage, and ¼ tsp. nutmeg to sifted dry ingredients.

**SAVORY BISCUITS:** Add 2 Tbsp. minced chives, 1 Tbsp. minced parsley, 2 Tbsp. grated Parmesan cheese to sifted dry ingredients. Brush top with extra evaporated milk before baking.

**PARSELY DROP BISCUITS:** Increase water in recipe to ½ cup; stir 3 Tbsp. minced parsley into sifted dry ingredients. Mixture will be soft enough to drop from spoon onto ungreased baking sheet.



*"LIGHT-AS-A-FEATHER"*  
YEAST ROLLS

|                                     |                                 |
|-------------------------------------|---------------------------------|
| 1/4 cup shortening                  | 1 package dry granular yeast    |
| 1 1/2 tsp. salt                     |                                 |
| 1/4 cup sugar                       | 1/4 cup warm water              |
| 1/4 cup A&P Instant Nonfat Dry Milk | 2 eggs                          |
| 1 cup boiling water                 | 3 1/2 cups sifted flour (about) |

Set oven at 375°, moderately hot. In a bowl combine shortening, salt, sugar, nonfat dry milk; add boiling water and stir until shortening melts. Cool. Dissolve yeast in warm water according to package directions; stir into cooled first mixture. Stir in eggs beaten to a froth. Stir in about 1 cup flour and blend thoroughly. Add remaining flour and beat vigorously until batter is smooth. Cover

with a damp cloth and let rise in a warm place until doubled in bulk, about 1 hour. Cut dough down and mix or beat again until very smooth. Fill greased muffin pans a little under 2/3 full. Let rise until doubled in bulk, about 50 minutes. Bake 20-25 minutes, or until done. Makes about 1 1/2 dozen medium-size rolls.

**CHEESE ROLLS:** Add 1 cup grated sharp cheese rolls to batter before filling into muffin cups for second rising.

*use thrifty A & P Milk Products regularly*



## DELICIOUS TEA SCONES

|                              |                                |
|------------------------------|--------------------------------|
| 2½ cups sifted cake<br>flour | 6 Tbsp. soft shortening        |
| 2½ tsp. baking powder        | 5 Tbsp. A&P Evaporated<br>Milk |
| ½ tsp. salt                  | 2 eggs                         |
| 1 Tbsp. sugar                |                                |

Set oven at 450°, or very hot. Mix dry ingredients and sift into large bowl. Cut shortening in until mixture looks like corn meal. Combine and add evaporated milk and beaten eggs. Turn dough onto lightly floured board and pat or roll about ½ in. thick. Cut into squares, then into triangles. Arrange on greased baking sheet and bake 12 to 15 minutes, or until done. Serve hot. Makes about one dozen.

**BEERRY SCONES:** Add 1 cup thoroughly drained fresh blueberries, or cut-up strawberries, with liquid.

**JAM SCONES:** Add 2 Tbsp. flour to dry ingredients. Turn mixture out onto well-floured board. Roll about ¼ in. thick; cut

in 2½ in. squares. Place a tsp. of thick jam or fruit preserve in center of each square; fold opposite corners to center, moisten and pinch together.

**TOASTED SCONES:** Split day-old scones and brush generously with melted butter or margarine; toast under broiler to a golden brown. Sprinkle with sugar and serve hot.

## APPLE COFFEE CAKE

|                                |                                    |
|--------------------------------|------------------------------------|
| 2 cups packaged biscuit<br>mix | 2 tart apples, pared<br>and sliced |
| 2-3 Tbsp. sugar                | 1 tsp. cinnamon                    |
| 1 egg                          | ¼ cup sugar                        |
| ½ cup A&P Evaporated<br>Milk   | 2 Tbsp. flour<br>(or biscuit mix)  |
| ¼ cup water                    | 3 Tbsp. soft shortening            |

Set oven at 400°, or hot. In a bowl combine biscuit mix, sugar, egg, evaporated milk and water; mix until thoroughly blended. Turn into 8-in. greased square pan. Top with rows of sliced apple. Combine remaining ingredients until crumbly, sprinkle over apples. Bake 25-30 minutes or until done. Makes 4-6 servings.



## BREAKFAST, BRUNCH AND "QUICKFIX" LUNCH



### WAFFLES

2 cups sifted flour  
3 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
3 eggs, separated

$\frac{1}{4}$  cup melted butter  
or margarine  
1 small can A&P Evapo-  
rated Milk ( $\frac{2}{3}$  cup)  
 $\frac{1}{3}$  cup water

Heat waffle iron according to manufacturer's directions. Sift dry ingredients into a bowl; mix in well-beaten egg yolks, melted butter or margarine, evaporated milk and water. Fold in stiffly beaten egg whites. Spoon into waffle iron and bake to a golden brown. Serve hot with butter and syrup. Try them with creamed crab or tuna; cheese sauce and bacon; with curried dishes (omit rice). Or for dessert, add crushed berries and whipped cream; vanilla ice cream and chocolate sauce; stewed fruit and cream, etc.

*for best flavor... best quality... best value*



## FRENCH TOAST

2 eggs, beaten

1/4 tsp. salt

1 cup A&P Evaporated  
Milk

6 slices day-old bread

Shortening

Beat eggs until frothy; add salt and evaporated milk and mix well. Dip bread, one slice at a time, into egg mixture. Let the bread become moistened, but do not let it become puffy with too much liquid or it will be too soft to handle. Have ready a hot frying pan with enough melted shortening to just cover bottom. Use a wide spatula to slide bread into hot shortening. Fry over medium heat; turn and brown on second side. Prepare remaining slices in same way. Serve hot with sugar and cinnamon, or with syrup, jelly or marmalade. Makes 3 servings.

## POPOVERS

1 cup sifted flour

1/2 cup A&P Evaporated  
Milk

1/2 tsp. salt

1/2 cup water  
2 eggs

Set oven at 425°, or very hot. In a bowl combine all ingredients and beat with a rotary or electric beater until very smooth. Fill greased custard cups, or popover cups, about 1/2 full. Bake 35-40 minutes. Remove from oven, cut small slit in side of each popover to allow escape of steam; return to oven for 10 minutes. Remove from cups and serve hot with butter. Makes 6-8 popovers. Serve as a hot bread with creamy scrambled eggs, chipped beef in sauce, other light luncheon dishes.



## BREAKFAST, BRUNCH AND "QUICKFIX" LUNCH

### SPOON BREAD

|                                                            |                                       |
|------------------------------------------------------------|---------------------------------------|
| 1 tall can A&P Evapo-<br>rated Milk (1 $\frac{2}{3}$ cups) | 2 Tbsp. melted butter<br>or margarine |
| $\frac{2}{3}$ cup water                                    | 3 eggs, separated                     |
| 1 cup yellow corn meal                                     | 1 Tbsp. baking powder                 |
| 1 tsp. salt                                                |                                       |

Set oven at 325°, or slow. Heat  $\frac{2}{3}$  cup evaporated milk with water. Stir in corn meal and salt; cook over low heat until mixture has a mushlike consistency. Remove from heat, add melted butter and remaining evaporated milk. Stir in beaten egg yolks and baking powder and mix thoroughly. Fold in stiffly beaten egg whites. Pour mixture into a greased 2-qt. casserole and bake 50-55 minutes. Makes 6 servings.

**FARMER'S SPOON BREAD:** Add  $\frac{1}{2}$  cup crumbled crisp cooked bacon with 1 Tbsp. sautéed minced onion to batter with yolks and baking powder.

**ISLAND SPOON BREAD:** Cook, drain and dice 6 small sausages; sauté 3 slices canned pineapple in fat from sausage, drain and quarter. Arrange quartered pineapple slices and diced sausage on bottom of greased casserole; add batter.

**CORN SPOON BREAD:** Prepare batter as above; stir in 1 cup drained, canned, whole kernel corn. Serve with thin slices frizzled ham or Canadian bacon.

*wherever your recipe calls for milk*



## SCRAMBLED EGGS

2 Tbsp. cold water

6 eggs

½ tsp. salt

⅛ tsp. pepper

1 small can A&P

Evaporated Milk

( $\frac{2}{3}$  cup)

2-3 Tbsp. butter

Thoroughly beat water, eggs and seasonings until well mixed and frothy. Add evaporated milk and mix well. Melt butter in a heavy frying pan over low heat. The butter should be hot but not browned. Pour in egg mixture. As eggs begin to cook on bottom and sides, gently lift set portions with a spoon and fold over. Continue to lift and fold mixture as it cooks until evenly set throughout. Egg mixture should be soft when removed from pan. Serve immediately. Makes 3-4 servings.

**ANCHOVY EGGS:** Prepare scrambled eggs as above, serve on hot buttered toast spread with a thin layer of anchovy paste.

**CHEESE BEAN SCRAMBLE:** Prepare scrambled eggs as above, spoon onto generous mounds of hot baked beans in tomato sauce.

**CHILE SCRAMBLE:** Prepare scrambled eggs as above. As egg mixture is poured into pan, spread about  $\frac{3}{4}$  cup grated sharp cheese over top. Lift and fold as directed until done to taste.

**"AFTER TREATMENT" EGGS:** Prepare scrambled eggs as above; add and stir in  $\frac{1}{4}$  cup finely chopped onion,  $\frac{1}{2}$  cup crumbled crisp cooked bacon, dash Tabasco. Serve with chili sauce.

**"BUTTER" EGGS:** Prepare scrambled eggs as above; add a generous pinch basil or Italian seasoning. Spread toasted English muffins or scones with butter, then with tomato catsup; heap with eggs and sprinkle with grated Parmesan cheese and parsley.



## FAVORITE SOUPS AND CHOWDERS



### QUICK CREAM SOUPS

**1 tall can A&P  
Evaporated Milk  
(1 $\frac{2}{3}$  cups)  
2 Tbsp. water**

**1 10 $\frac{1}{2}$ -oz. can favorite  
condensed soup  
Pepper and other  
seasonings to taste**

In a saucepan, combine ingredients; stir over low heat until blended, smooth and hot. Makes 3 servings.

### GOOD SPLIT PEA SOUP

**1 Tbsp. butter  
1 large onion, sliced  
1 small ham shank end  
1 $\frac{1}{2}$  cups quick-cooking  
dried split peas  
 $\frac{1}{2}$  cup finely chopped  
celery**

**2 tsp. salt, or to taste  
 $\frac{1}{2}$  tsp. pepper  
6 cups water  
1 $\frac{1}{2}$  cups hot A&P  
Evaporated Milk  
Dash nutmeg**

In a large kettle, melt butter and sauté onion; add ham shank, peas, celery, salt, pepper and water. Cover and simmer for about 1 hour, or until peas mash easily with the back of a spoon. Take out ham shank and cut off meat in slivers; return meat to soup. Stir in hot evaporated milk and nutmeg. For a thinner soup, stir in additional hot evaporated milk and/or hot water. Makes 6 generous servings.



## DOUBLE CREAM OF CHICKEN SOUP

- |                                                                |                                              |
|----------------------------------------------------------------|----------------------------------------------|
| <b>1 small onion, minced</b>                                   | <b>1½ cups A&amp;P Evapo-<br/>rated Milk</b> |
| <b>1 Tbsp. butter</b>                                          | <b>2 Tbsp. minced parsley</b>                |
| <b>1 can condensed<br/>undiluted cream of<br/>chicken soup</b> | <b>¼ tsp. minced lemon<br/>rind</b>          |
| <b>1 cup water</b>                                             |                                              |

Sauté onion in hot butter; stir in soup, water, and evaporated milk. Stir over low heat until smooth and creamy. Add parsley and lemon rind and serve at once. Makes 4-6 servings.

## VICHYSSEOISE

- |                                            |                                                           |
|--------------------------------------------|-----------------------------------------------------------|
| <b>1 cup minced onion</b>                  | <b>1 tall can A&amp;P Evapo-<br/>rated Milk (1⅔ cups)</b> |
| <b>2½ cups peeled,<br/>sliced potatoes</b> | <b>¼ cup water</b>                                        |
| <b>2 cups boiling water</b>                | <b>1 tsp. salt</b>                                        |
| <b>3 chicken bouillon cubes</b>            | <b>⅛ tsp. pepper</b>                                      |
| <b>3 Tbsp. butter</b>                      | <b>1 Tbsp. chopped chives</b>                             |

Cook onion and potatoes in boiling water, covered, until tender. Press through fine sieve with remaining liquid into top of

double boiler. Add bouillon cubes, butter, evaporated milk, water, salt and pepper. Heat until piping hot. Serve hot or icy cold, topped with chives. Makes 6 servings.

## DOWN CAPE CHOWDER

- |                                        |                                           |
|----------------------------------------|-------------------------------------------|
| <b>2 medium onions,<br/>chopped</b>    | <b>1 10½-oz. can minced<br/>clams</b>     |
| <b>2 Tbsp. butter<br/>or margarine</b> | <b>2 cups A&amp;P Evaporated<br/>Milk</b> |
| <b>2 cups diced raw<br/>potatoes</b>   | <b>Other seasonings<br/>to taste</b>      |
| <b>1½ cups hot water</b>               | <b>1 tsp. flour</b>                       |
| <b>1 tsp. salt</b>                     | <b>1 tsp. butter<br/>or margarine</b>     |
| <b>⅛ tsp. pepper</b>                   |                                           |

Cook onions in hot fat until tender, but do not brown. Add potatoes, hot water, salt and pepper; cover and simmer until potatoes are tender, about 10 minutes. Drain clams, reserving liquid; stir minced clams and evaporated milk into hot mixture. Season to taste. Keep hot over very low heat. In a small saucepan, stir together remaining butter and flour; mix in reserved clam liquid.



## FAVORITE SOUPS AND CHOWDERS

Stir over low heat until mixture smooths and thickens. Stir thickened liquid into chowder; mix well, serve at once. Makes 4-6 generous servings.

### CREAM SOUP MONGOLE

|                                                |                                                                       |
|------------------------------------------------|-----------------------------------------------------------------------|
| 1 can undiluted<br>condensed tomato<br>soup    | $\frac{3}{4}$ cup water<br>1 cup A&P Evaporated<br>Milk               |
| 1 can undiluted<br>condensed green pea<br>soup | 1 tsp. Worcestershire<br>sauce<br>$\frac{1}{4}$ cup sherry (optional) |

In a saucepan, combine soups and water; stir until smooth. Heat slowly for few minutes. Gradually stir in evaporated milk; add Worcestershire sauce. Continue to heat until mixture is very hot; remove from heat and slowly add sherry, if used. Makes 4-5 servings.

### ONION BISQUE

|                                      |                                                             |
|--------------------------------------|-------------------------------------------------------------|
| 3 cups thinly sliced<br>sweet onions | 2 tsp. salt, or to taste                                    |
| 6 Tbsp. butter<br>or margarine       | Dash nutmeg                                                 |
| 6 Tbsp. flour                        | 2 tall cans A&P Evapo-<br>rated Milk ( $3\frac{1}{3}$ cups) |
| $\frac{1}{4}$ tsp. pepper            | $2\frac{1}{2}$ -3 cups water                                |
|                                      | Bay leaf                                                    |

Cook onions in hot fat until golden and tender; sprinkle with flour, pepper, salt and nutmeg and stir thoroughly. Gradually add evaporated milk and about 2 cups water; add bay leaf, stir over low heat until soup begins to thicken; stir in additional water, a few Tbsps. at a time, until soup reaches desired consistency. Remove bay leaf and serve. Makes 4-6 servings.

*... high in protein... low in cost*

## CREAM OF CORN AND VEGETABLE SOUP

1/4 cup minced onion  
3 Tbsp. butter or  
margarine  
4 Tbsp. flour  
2 tall cans A&P  
Evaporated Milk  
(3 1/3 cups)  
1 cup water

1 cup finely chopped  
cooked vegetables  
(left-overs)  
1 #2 can cream-style  
corn  
2 tsp. salt, or to taste  
1/8 tsp. pepper  
Dash paprika

Sauté onion in hot fat; stir in flour. Gradually add evaporated milk and water; stir over low heat until mixture begins to smooth and thicken. Add chopped vegetables, cream-style corn and seasonings. Mix well, heat and serve.





## MUSHROOM SAUCE

|                                |                                |
|--------------------------------|--------------------------------|
| 1/4 lb. fresh mushrooms        | 1 small white onion,<br>minced |
| 1 cup water                    | 2 Tbsp. flour                  |
| 1/2 tsp. salt                  | 3/4 cup A&P Evaporated<br>Milk |
| 2 Tbsp. butter or<br>margarine | 1/8 tsp. pepper                |

Rinse mushrooms; remove and chop stems. In a saucepan cook chopped stems, water and salt for about 20 minutes; strain, reserving liquid. Slice mushroom caps and sauté in butter or margarine with minced onion. Stir in flour; add evaporated milk and pepper. Stir over low heat until sauce begins to thicken. Gradually stir in reserved mushroom liquid. Continue cooking until smooth and thickened. Makes approximately 1 1/4 cups.

## BÉCHAMEL SAUCE

|                        |                                |
|------------------------|--------------------------------|
| 3 Tbsp. butter         | 3/4 cup A&P Evaporated<br>Milk |
| 3 Tbsp. flour          | Dash paprika                   |
| 1/2 tsp. salt          |                                |
| 1/2 cup chicken broth* |                                |

In a saucepan, melt butter; stir in flour and salt. Cook a minute or two until mixture is frothy. Gradually add chicken broth and evaporated milk. Stir over low heat until mixture smooths and thickens. Season to taste with paprika. Makes approximately 1 1/4 cups sauce. Good with fried chicken, croquettes, many ham dishes.

\*If using seasoned or canned chicken broth reduce salt to taste.

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## BASIC CREAM SAUCE

|                     | Thin    | Medium  | Thick   |
|---------------------|---------|---------|---------|
| Butter or margarine | 1 Tbsp. | 2 Tbsp. | 3 Tbsp. |
| Flour               | 1 Tbsp. | 2 Tbsp. | 3 Tbsp. |
| Salt                | ¼ tsp.  | ¼ tsp.  | ¼ tsp.  |
| Pepper              | ⅛ tsp.  | ⅛ tsp.  | ⅛ tsp.  |
| A&P Evaporated Milk | ½ cup   | ½ cup   | ½ cup   |
| Water               | ½ cup   | ½ cup   | ½ cup   |
| Yield               | 1 cup   | 1 ⅓ cup | 1 ¼ cup |

In a saucepan, melt butter over low heat. Blend in flour, salt and pepper. Gradually add evaporated milk and water, stirring until thickened and smooth, about 10 minutes.

**HORSE RADISH SAUCE:** To 1 recipe for medium basic cream sauce add ½ tsp. prepared mustard, ¼ to ½ cup drained bottled horse radish according to taste, dash cayenne pepper, more salt and pepper if needed. Mix well and heat gently. Good with boiled tongue, ham or boiled beef.

**MUSTARD SAUCE:** To 1 recipe for thin basic cream sauce add 1 Tbsp. prepared mustard, ¼ tsp. paprika, 1 beaten egg yolk. Mix well; add more pepper if necessary. Heat gently and serve with vegetables, fish, etc.

**CURRY SAUCE:** To 1 recipe for medium basic cream sauce add 2 tsp. curry powder, pinch ground ginger and 1 chopped onion sautéed in 1 Tbsp. butter. Mix well and serve hot. Good with vegetables, fish, rice and other dishes.

**EGG SAUCE:** To 1 recipe for medium basic cream sauce add 2 chopped hard-cooked eggs and 2 tsp. minced parsley. Heat. Good with fish, croquettes, etc.

**SHRIMP SAUCE:** To 1 recipe for thin basic cream sauce add ½ cup chopped cooked or canned shrimp; season to taste with pepper and dash onion juice. Good with fish.



## RICH WHITE SAUCE

|                                | <i>Thin</i> | <i>Medium</i> | <i>Thick</i> |
|--------------------------------|-------------|---------------|--------------|
| Butter or margarine            | 1 Tbsp.     | 2 Tbsp.       | 4 Tbsp.      |
| Flour                          | 1 Tbsp.     | 2 Tbsp.       | 4 Tbsp.      |
| Salt                           | 1/4 tsp.    | 1/4 tsp.      | 1/4 tsp.     |
| Pepper                         | 1/8 tsp.    | 1/8 tsp.      | 1/8 tsp.     |
| Water                          | 1 cup       | 1 cup         | 1 cup        |
| A&P Instant<br>Nonfat Dry Milk | 1/3 cup     | 1/3 cup       | 1/3 cup      |

In a saucepan, melt butter over low heat; stir in flour, salt and pepper. Gradually stir in water; add nonfat dry milk and mix until dissolved. Stir over low heat until smooth and thickened, or 5-6 minutes. Makes about 1 cup sauce.

Sauce may be varied in same way as basic cream sauce.

## QUICK CHEESE SAUCE

|                                                   |                                                                            |
|---------------------------------------------------|----------------------------------------------------------------------------|
| 1 tall can A&P<br>Evaporated Milk<br>(1 2/3 cups) | 1/2 lb. shredded sharp<br>process cheese<br>1 tsp. Worcestershire<br>sauce |
|---------------------------------------------------|----------------------------------------------------------------------------|

Combine ingredients in heavy saucepan; stir over low heat until blended, smooth and hot. Makes about 2 1/2 cups sauce.

## SAVORY TOMATO SAUCE

|                                            |                                                        |
|--------------------------------------------|--------------------------------------------------------|
| 1/3 cup A&P Evaporated<br>Milk             | 1/2 tsp. finely minced<br>onion                        |
| 1 can undiluted con-<br>densed tomato soup | 1 small garlic clove<br>1 tsp. Worcestershire<br>sauce |

In a saucepan, combine ingredients. Stir over low heat until hot and smooth. Remove garlic before serving. Serve with eggs, meat loaf, casseroles, fish, etc.

*for milk... have some every day*





*You can't buy better quality*

## SKIL'ARONI-MEAT BALLS

|                          |                         |
|--------------------------|-------------------------|
| 1 lb. ground beef        | 1 large can macaroni    |
| 1 onion, minced          | in cheese sauce         |
| 1/2 green pepper, minced | 1 small can sliced      |
| 1/2 cup A&P Instant      | mushrooms               |
| Nonfat Dry Milk          | 1/4 cup chili sauce or  |
| Salt and pepper to taste | catsup                  |
| 2 Tbsp. salad oil        | 1 tsp. prepared mustard |

Thoroughly mix beef, onion, green pepper, dry milk and seasonings. Shape into 12-14 little balls. Brown in hot oil in large skillet. When meat balls are browned, drain off any fat remaining in pan. Combine remaining ingredients and mix with meat balls in skillet; cover. Cook over low heat for about 10 minutes. Makes 4 servings.

## OVEN-FRIED CHICKEN

|                      |                       |
|----------------------|-----------------------|
| 1 fryer chicken      | 1/2 to 1 tsp. poultry |
| (2-3 lbs.) cut up    | seasoning             |
| 1 cup A&P Evaporated | 1 1/2 tsps. salt      |
| Milk                 | 1/4 tsp. pepper       |
| 2 cups corn flakes   |                       |
| crumbs               |                       |

Dip chicken pieces in evaporated milk. Roll in crumbs mixed with seasonings. Place on lightly oiled baking sheet, bake in moderately hot oven (350°) for 1 hour. Serves 4.

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## JIFFY PIZZA

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| 2 cups biscuit mix                   | butter or oil                       |
| ½ cup A&P Instant<br>Nonfat Dry Milk | 1 can (8 oz.)<br>pizza sauce        |
| ⅔ cup water                          | 1 ½ cups shredded<br>Cheddar cheese |
| ½ lb. sausage meat                   | 1 tsp. oregano                      |
| 2 Tbsp. melted                       |                                     |

Combine biscuit mix and nonfat dry milk; add water and mix well with fork. Chill 10 minutes. Meanwhile, cook sausage meat until lightly browned; drain off fat. Knead dough 6 times on lightly floured board; divide into 2 portions. Pat or roll out each half to form a 10-inch circle. Oil or butter two 9-inch pie pans, arrange dough. Brush with melted butter or oil. Spread ½ cup pizza sauce on each circle of dough; top with cheese, oregano and browned sausage. Bake in a hot oven (400°) 15 to 20 minutes. Cut in wedges and serve hot.

## CREAMY CHEESE RAREBIT

|                                |                                       |
|--------------------------------|---------------------------------------|
| 2 Tbsp. butter or<br>margarine | 1 tsp. dry mustard                    |
| 2 Tbsp. flour                  | Dash cayenne pepper                   |
| 1 cup A&P Evaporated<br>Milk   | 1 tsp. Worcestershire<br>sauce        |
| ½ cup water                    | ½ lb. sharp cheese,<br>diced (2 cups) |

In a saucepan over low heat, melt butter and stir in flour. Gradually add evaporated milk and water; stir in seasoning. Cook, stirring constantly, until thick and smooth. Add cheese and stir until completely melted and sauce is smooth again. Serve over buttered toast or toasted crackers. Makes 4 servings.

**VARIATIONS:** Serve over toasted English muffins spread with deviled ham. Serve as a hot sandwich with very thin slices of tongue on sour rye bread slices.

Add a few Tbsp. drained chopped pickle relish and serve with tuna on toast.





## TURKEY-CHEESE CUT-UP

|                                   |                                                    |
|-----------------------------------|----------------------------------------------------|
| 2 Tbsp. butter                    | 1/4 lb. sharp cheese,<br>grated                    |
| 2 Tbsp. flour                     | 2 cups cut-up, cooked<br>turkey                    |
| 1 tsp. salt                       | 1/4 lb. wide noodles,<br>cooked and drained        |
| 1/8 tsp. pepper                   | 1 package frozen<br>spinach, thawed and<br>drained |
| 1/2 tsp. paprika                  | Buttered crumbs                                    |
| 1/8 tsp. sage                     |                                                    |
| 1 3/4 cups A&P<br>Evaporated Milk |                                                    |
| 1/4 cup broth or water            |                                                    |

Set oven at 350° (moderate). Melt butter and stir in flour, seasonings, evaporated milk and broth or water to make a white sauce. Add cheese and stir until melted. Combine turkey and cooked noodles. Spread thawed, drained spinach on the bottom of a greased casserole; spread combined turkey and noodles over spinach. Pour sauce over all and top with a sprinkling of buttered crumbs. Bake 25 minutes. Makes 5-6 servings.

## SCALLOPED HAM, SUNDAY STYLE

|                                    |                                  |
|------------------------------------|----------------------------------|
| 1 slice smoked ham,<br>about 1 lb. | 1/4 cup water                    |
| 2 Tbsp. butter                     | 3 cups sliced white<br>potatoes  |
| 1 Tbsp. flour                      | 1 cup sliced or diced<br>carrots |
| 1 can chicken gravy                | 1 cup onion slices               |
| 1 cup A&P Evaporated<br>Milk       | Salt and pepper                  |

Set oven at 375° (moderately hot). Brown ham on both sides in butter melted in heavy skillet; cut into 4 pieces. Stir flour into fat in skillet; add gravy, evaporated milk and water. Mix well and heat until mixture bubbles. In a greased casserole, layer ham, potatoes, carrots and onions; lightly season each vegetable layer with salt and pepper to taste. Pour sauce over all; cover and bake about 50 minutes. Remove cover and continue baking until potatoes are very tender, or about 20 minutes longer. Makes 4 servings.

## CORN-SAUSAGE PUDDING

|                                               |                                        |
|-----------------------------------------------|----------------------------------------|
| 6 cooked sausages,<br>well drained            | 1/2 cup A&P Instant<br>Nonfat Dry Milk |
| 3 eggs                                        | 2 Tbsp. melted butter                  |
| 1 cup liquid (liquid<br>from corn plus water) | 1 #2 can whole<br>kernel corn          |
| 1 cup milk                                    | Salt and pepper to taste               |

Set oven at 350° (moderate). Dice or slice sausages into greased casserole; spread in layer. Beat eggs with liquids and dry milk; stir in melted butter and drained corn. Season to taste. Pour into baking dish and bake for about 50 minutes, or until center is set. Makes 6 servings.

## CREAMY MUSHROOM-CHIPPED BEEF

|                                        |                                                  |
|----------------------------------------|--------------------------------------------------|
| 2 Tbsp. butter or<br>margarine         | undiluted condensed<br>cream of mushroom<br>soup |
| 1 small white onion,<br>minced         | Seasonings to taste                              |
| 1/3 cup A&P Instant<br>Nonfat Dry Milk | 1 cup shredded dried<br>beef                     |
| 1/2 cup water                          | 1/2 cup cooked peas<br>(optional)                |
| 1 10 1/2 oz. can                       |                                                  |

In a saucepan melt butter or margarine; stir in onion and simmer few minutes. Stir in nonfat dry milk, add water and mix well; heat to boiling. Add soup, seasonings to taste; cook over moderate heat, until sauce is hot and bubbling. Add shredded beef which has been rinsed in hot water and well drained, and peas if used. Serve on toast or fluffy hot rice. Makes 4 servings.



## BAKED SALMON LOAF

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 1-lb. can salmon                | 1 egg                             |
| 1 cup fresh white bread crumbs    | 3 cups cooked rice                |
| 1 tsp. salt                       | ¼ cup chopped parsley             |
| 2 Tbsp. chopped onion             | 2 eggs, beaten                    |
| ½ cup A&P Instant Nonfat Dry Milk | ¼ cup A&P Instant Nonfat Dry Milk |
| 2 Tbsp. melted butter             | ½ cup water or vegetable juice    |
| 2 Tbsp. lemon juice               | Dash cayenne pepper               |
| ¼ cup water or vegetable juice    | Salt and pepper to taste          |

Set oven at 350° (moderate). Drain and flake salmon. Thoroughly combine salmon, crumbs, salt, onion, dry milk and melted butter; mix in lemon juice, water or juice and beaten egg. Turn into a greased loaf pan and pat into an even layer. Mix remaining ingredients; spread over salmon layer. Place loaf pan in a pan of hot water; bake 60 minutes, or until center tests done. Invert onto hot serving plate and serve in slices with vegetable cream sauce. Makes 8 servings.

## BASIC CHOPPED MEAT MIXTURE

For Hamburgers, Meat Balls, and Meat Loaf

|                                          |                        |
|------------------------------------------|------------------------|
| 1 small can (2⅓ cup) A&P Evaporated Milk | ½ tsp. Tabasco         |
| 1 ½ cups soft bread crumbs               | 1 ½ tsp. salt          |
|                                          | 1 ½ pounds ground beef |
|                                          | ⅓ cup chopped onion    |

Combine all ingredients and blend well. Form into 6 thick hamburgers; broil on both sides to desired stage of doneness. Or, brown in small amount of fat. Or, shape into small meat balls, brown in fat; or pack into greased meat loaf pan and bake in a moderate oven, 350°, about 1 hour.

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## TUNA SOUFFLÉ

¼ cup butter or  
margarine  
3 Tbsp. flour  
⅓ cup A&P Instant  
Nonfat Dry Milk  
½ tsp. salt  
⅛ tsp. pepper

Dash cayenne  
1 cup water  
3 eggs, separated  
1 Tbsp. minced parsley  
1 Tbsp. minced onion  
1 can tuna, drained  
and flaked

Set oven at 325° (slow). In a saucepan melt butter or margarine; stir in flour, nonfat dry milk, and seasonings. Gradually mix in water; cook and stir over moderate heat until thick and smooth. Beat egg yolks until thick and lemon colored; add to sauce with parsley, onion and flaked tuna. Fold in stiffly beaten egg whites and turn into an ungreased 1-qt. casserole. Set in pan of hot water and bake about 1 hour, or until top is browned. Makes 4 servings.

## BAKED MACARONI-CHEESE

1 small white onion,  
minced  
3 Tbsp. butter or  
margarine  
1 Tbsp. flour  
½ tsp. dry mustard  
1 tsp. salt  
⅛ tsp. pepper

1 tall can A&P Evapo-  
rated Milk (1⅔ cups)  
⅓ cup water  
¾ lb. sharp cheese  
8 oz. elbow macaroni,  
cooked and drained  
½ cup soft bread crumbs  
2 Tbsp. melted butter  
Paprika

Set oven at 350° (moderate). In a saucepan, simmer onion in hot butter or margarine. Stir in flour and seasonings; gradually stir in evaporated milk and water. Stir over moderate heat until smooth. Slice or dice cheese right into hot sauce, reserving a small piece (about ⅓ cup grated) for top. Stir until cheese is melted. Combine sauce and cooked macaroni; turn into greased 2-qt. casserole. Mix grated cheese with crumbs, melted butter and paprika to color; sprinkle over top of casserole. Bake 30 minutes, or until top is crisp and browned. Makes 4-6 servings.



## INDIAN STYLE SHRIMP CURRY

|                                |                                                    |
|--------------------------------|----------------------------------------------------|
| 1/4 cup butter                 | 1 tall can A&P Evapo-<br>rated Milk (1 2/3 cups)   |
| 1/2 cup chopped onion          | 1 tsp. lemon juice                                 |
| 1/4 cup flour                  | 2 1/2 lbs. cleaned cooked<br>shrimp (about 4 cups) |
| 2-3 tsp. curry powder          | 5-6 cups boiled hot rice                           |
| 1 tsp. salt                    | Condiments                                         |
| 1/2 tsp. sugar                 |                                                    |
| 1/8 tsp. powdered ginger       |                                                    |
| 1 cup hot bouillon or<br>broth |                                                    |

In a saucepan over low heat, melt butter and simmer onion; stir in flour, curry powder and seasonings. Slowly stir in hot bouillon or broth (or use 1 bouillon cube dissolved in 1 cup boiling water) and evaporated milk. Cook over moderately low heat, stirring constantly until smooth and thick. Stir in lemon juice; add shrimp. Continue to heat just long enough for shrimp to heat through;

serve at once over hot rice and pass assorted condiments. Makes 6 servings.

**VARIATIONS:** To make a good vegetable curry, make recipe above, omitting shrimp. Add 4 cups mixed cooked vegetables such as peas, mushrooms, sliced carrots, little onions, asparagus cuts, green limas, cut green beans, etc. Heat and serve over rice. For other fish curry, make recipe above, omitting shrimp. Substitute same quantity cooked or canned crab meat, lobster, sea scallops, firm-fleshed cubed fish, or mixture of two or more. Adjust seasonings to suit fish used. Serve hot over rice.

*wherever your recipe calls for milk*





## SWEET POTATO CASSEROLE

|                                            |                                           |
|--------------------------------------------|-------------------------------------------|
| 3 large unpeeled sweet<br>potatoes or yams | Salt to taste                             |
| 2 Tbsp. butter or<br>margarine             | ½ cup A&P Evaporated<br>Milk, heated      |
| Dash nutmeg                                | ¼ cup drained canned<br>crushed pineapple |

Set oven at 350° (moderate). Boil potatoes until tender; peel and mash. Add butter or margarine, hot evaporated milk, and seasonings to taste; beat or mash until smooth and creamy. Stir in pineapple and turn into a greased casserole; if desired, sprinkle top with a few chopped nuts. Bake for 25 minutes, or until heated and lightly browned. Makes 4-5 servings.

## FRENCH FRIED ONIONS

|                              |             |
|------------------------------|-------------|
| Fat or salad oil             | ½ cup flour |
| 2-3 peeled large onions      | ½ tsp. salt |
| ½ cup A&P Evaporated<br>Milk |             |

Heat about 2 in. of fat or salad oil in a heavy kettle over low heat; fat should be 375° on a thermometer. Slice onions about ¼ in. thick and separate into rings. Dip onion rings into evaporated milk, then into combined flour and salt. Fry in hot fat, a few at a time, until a golden brown. Drain on paper towels. Sprinkle with additional salt and serve hot. Makes 3-4 servings.

*for best flavor... best quality... best value*

## SWISS ASPARAGUS

|                                                                                         |                                      |
|-----------------------------------------------------------------------------------------|--------------------------------------|
| 1 lb. fresh asparagus<br>spears, OR 2 pkgs.<br>(9 oz. each) frozen<br>asparagus, thawed | ½ cup A&P Instant<br>Nonfat Dry Milk |
| 6 Tbsp. butter                                                                          | 1 cup shredded Swiss<br>cheese       |
| ¼ cup chopped onions                                                                    | 3 Tbsp. lemon juice                  |
|                                                                                         | Paprika                              |

Blanch fresh asparagus in simmering water about 5 minutes; drain. In a skillet melt butter; sauté onion until lightly browned. Add asparagus, cover and steam over low heat 5 to 10 minutes; turn into baking dish. Toss dry milk and cheese together and sprinkle over asparagus. Pour lemon juice over all and bake in a moderate oven (350°) 12 to 15 minutes. Sprinkle with paprika; brown under broiler if desired.

**TIP:** Broccoli may be substituted for asparagus in the above recipe.

## SAVORY PANNED SPINACH

|                                       |                                  |
|---------------------------------------|----------------------------------|
| 2 lbs. spinach, cleaned<br>and washed | ⅛ tsp. dry mustard               |
| 2 Tbsp. bacon fat                     | ½ cup A&P Evaporated<br>Milk     |
| 1 minced garlic clove                 | 1 tsp. vinegar or lemon<br>juice |
| 1 tsp. salt                           | 2 tsp. flour                     |
| Pepper to taste                       |                                  |

After cleaning spinach, wash in at least 3 waters to remove all sand. Heat bacon fat in a deep saucepan with cover; sauté garlic. Add spinach and seasonings; cover and cook about 5 minutes over medium heat. Stir several times while cooking. Combine evaporated milk, vinegar or lemon juice, and flour; mix smooth. Pour over spinach and cook 5 minutes, or until sauce is thickened. Makes 4 servings.

## DELICIOUS HASHED POTATOES

|                                               |                                            |
|-----------------------------------------------|--------------------------------------------|
| <b>1/4 cup butter or<br/>margarine</b>        | <b>1 Tbsp. minced parsley</b>              |
| <b>5 cups diced, cold<br/>cooked potatoes</b> | <b>1 tsp. salt</b>                         |
| <b>1/4 cup flour</b>                          | <b>1/8 tsp. pepper</b>                     |
| <b>2 Tbsp. minced onion</b>                   | <b>1/2 cup A&amp;P Evaporated<br/>Milk</b> |

Heat butter or margarine in a heavy skillet; combine remaining ingredients and mix well. Turn potato mixture into pan and press down firmly to form a large cake, filling pan. Cook, without stirring, over low heat for 30 minutes. Loosen potato cake from sides of pan and invert on hot plate with bottom, or browned side, up. Cut in wedges to serve. Makes 6 servings.

## PAN-SCALLOPED POTATOES

|                                          |                             |
|------------------------------------------|-----------------------------|
| <b>3 cups cubed raw<br/>potatoes</b>     | <b>1 cup boiling water</b>  |
| <b>2 Tbsp. butter</b>                    | <b>1/2 tsp. garlic salt</b> |
| <b>1 cup A&amp;P Evaporated<br/>Milk</b> | <b>Few grains pepper</b>    |

Pare potatoes and cut in about 3/4-in. cubes. Melt butter in a 10-in. skillet. Add potatoes and cook, stirring, over low heat 3-4 minutes, until most of butter is absorbed. Add boiling water to evaporated milk. Pour over potatoes. Cook over low heat until potatoes are tender, about 20-25 minutes, stirring occasionally. Add seasonings. Sprinkle with parsley or grated cheese. Makes 4 servings.





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## OLD-FASHIONED BREAD PUDDING

|                              |                                   |
|------------------------------|-----------------------------------|
| 4 slices toasted white bread | 1/8 tsp. salt                     |
| Butter                       | 2 cups water                      |
| 1/2 cup pitted cut-up dates  | 1 cup A&P Instant Nonfat Dry Milk |
| 2 eggs                       | 1 tsp. vanilla                    |
| 1/4 cup sugar                | Nutmeg or cinnamon                |

Set oven at 350° (moderate). Spread one side of toasted bread with butter; cut in squares and place in greased shallow baking dish. Sprinkle dates over bread. Combine eggs, sugar, salt, water and nonfat dry milk; beat together until foamy and blended; stir in vanilla. Pour milk mixture over bread and let stand about 10 minutes; press toast well into liquid, then sprinkle with nutmeg or cinnamon. Bake about 30 minutes, or until top is golden and firm to touch. Serve warm or cold. Makes 4-5 servings.

## DELICIOUS RICE PUDDING

|                                     |                              |
|-------------------------------------|------------------------------|
| 1/2 cup A&P Instant Nonfat Dry Milk | 1 tsp. vanilla               |
| 1/2 cup sugar                       | 1 1/4 cups cooked rice       |
| 1/8 tsp. salt                       | 1 Tbsp. butter, melted       |
| 1 1/3 cups water                    | 1/2 tsp. cinnamon (optional) |
| 2 eggs, beaten                      |                              |

Set oven at 350° (moderate). Mix nonfat dry milk, sugar, salt and water; stir in eggs and vanilla. Add rice and butter and mix well. Pour into a 1-qt. greased baking dish and sprinkle with cinnamon if used; set dish in a shallow pan of hot water. Bake for about 1 1/4 hours; stir twice after first 1/2 hour of baking. Makes about 4 servings.

*... high in protein... low in cost*

## LEMON OR LIME HIGH PIE

|                                                               |                              |
|---------------------------------------------------------------|------------------------------|
| 1 package (3 oz.)<br>Sparkle Lemon or<br>Lime Gelatin Dessert | 2 tsp. grated lemon<br>rind  |
| 1 $\frac{3}{4}$ cups boiling water                            | 1 deep 9-inch crumb<br>crust |
| 1 cup chilled A&P Evapo-<br>rated Milk                        |                              |

Dissolve gelatin in water. Chill until mixture is thick and syrupy. Whip milk until it forms stiff peaks. Fold into gelatin. Fold in lemon rind. Pile mixture into pie shell. Chill until firm. Serves 6 to 8.

## PUMPKIN PIE

|                                            |                                               |
|--------------------------------------------|-----------------------------------------------|
| 1 can (1 lb.) A&P<br>Pumpkin (2 cups)      | $\frac{1}{2}$ tsp. cloves                     |
| 1 cup light brown<br>sugar (firmly packed) | 1 $\frac{1}{2}$ tsp. cinnamon                 |
| $\frac{3}{4}$ tsp. salt                    | $\frac{1}{2}$ tsp. mace                       |
| 2 eggs                                     | $\frac{1}{4}$ cup boiling water               |
| 1 Tbsp. grated<br>orange rind              | 1 $\frac{1}{2}$ cups A&P Evapo-<br>rated Milk |
|                                            | 1 9" or 10" Unbaked<br>Pie Shell              |

Thoroughly mix together pumpkin, brown sugar, salt, eggs, and orange rind. Combine spices and add boiling water to them. Stir into pumpkin mixture. Gradually stir in evaporated milk until well blended. Pour into pie shell. Bake in moderate oven (375°) 50 to 55 minutes.

**TIP:** Spread pie shell with  $\frac{1}{2}$  cup strawberry jam before filling; top baked pie with another  $\frac{1}{2}$  cup jam. Strawberry good!





## BLUEBERRY COBBLER

|                                               |                                |
|-----------------------------------------------|--------------------------------|
| 4 cups fresh or drained<br>canned blueberries | 1 1/2 tsp. baking powder       |
| 1 Tbsp. lemon juice                           | 2 Tbsp. sugar                  |
| 1/2 cup sugar                                 | 1/2 tsp. salt                  |
| Dash nutmeg                                   | 1/4 cup shortening             |
| 2-3 Tbsp. melted<br>butter or margarine       | 1 egg                          |
| 1 cup flour                                   | 1/3 cup A&P Evaporated<br>Milk |
|                                               | 1/8 tsp. cinnamon              |

Set oven at 350° (moderate). Combine berries, lemon juice, sugar, nutmeg and melted butter or margarine; turn into a greased baking dish. Sift dry ingredients together and work in shortening until like corn meal. Beat egg with evaporated milk and cinnamon; stir into dry ingredients. Spread batter over berries. Bake 35-40 minutes, or until fruit is cooked and top golden. Serve warm, plain or with whipped hard sauce. Makes 6 servings.

## ORANGE AMBROSIA FLUFF

|                                           |                               |
|-------------------------------------------|-------------------------------|
| 1 pkg. orange-flavored<br>gelatin dessert | 1/3 cup water                 |
| 1/4 cup sugar                             | 1 Tbsp. lemon juice           |
| 1 cup orange juice                        | 1 large ripe banana,<br>diced |
| 1/3 cup A&P Instant<br>Nonfat Dry Milk    | Toasted coconut               |

Dissolve gelatin and sugar in hot water; stir in orange juice and chill until slightly thickened. Combine nonfat dry milk, water and lemon juice; beat until very thick. Beat thickened gelatin until light; fold in whipped milk and diced banana. Chill until mixture holds shape, spoon into sherbet glasses and top with toasted coconut. Makes 6-8 servings.

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## RASPBERRY ANGEL DESSERT

1 pkg. raspberry-  
flavored gelatin  
 $\frac{3}{4}$  cup boiling water  
8 drops red food  
coloring  
1 pkg. frozen rasp-  
berries, thawed

1  $\frac{1}{2}$  cups A&P Evapo-  
rated Milk  
1 Tbsp. lemon juice  
1 angel food cake,  
in pieces (9 oz.)

Place gelatin in bowl. Add boiling water and stir until dissolved. Cool slightly, then stir in food coloring. Add raspberries, chill until the consistency of unbeaten egg whites. Chill evaporated milk until ice crystals form, add lemon juice and whip until stiff. Fold gelatin mixture lightly into whipped milk. Fold in cake pieces. Spoon into 2-qt. mold. Chill until set, 2-3 hours. Makes 8-10 servings.

## FROZEN LEMON PIE

18 vanilla wafers  
2 eggs, separated  
 $\frac{1}{3}$  cup sugar  
3 Tbsp. lemon juice  
1 small can A&P Evap-  
orated Milk ( $\frac{2}{3}$  cup)

$\frac{1}{4}$  tsp. grated lemon  
rind  
 $\frac{1}{3}$  cup chopped  
shredded coconut

Crush wafers fine, spread  $\frac{1}{2}$  in bottom of 8-in. square pan or two ice cube trays. Beat egg yolks, sugar and lemon juice together in double boiler. Cook over hot water, stirring constantly, until mixture thickens. Cool. Chill evaporated milk until ice crystals form. Whip egg whites until stiff, but not dry. Add lemon rind and coconut to cooled custard; fold into egg whites. Whip milk, fold into custard. Turn into pan or trays; sprinkle with remaining crumbs. Freeze. Makes 4-6 servings.



## FROSTED CHOCOLATE MARLOW

|                                             |                                  |
|---------------------------------------------|----------------------------------|
| 1½ squares unsweet-<br>ened chocolate       | ¼ lb. marshmallows<br>(about 16) |
| 1 tall can (1⅔ cups)<br>A&P Evaporated Milk | 1 tsp. vanilla                   |

Melt chocolate in top of double boiler. Stir in ⅔ cup evaporated milk. Add marshmallows and continue heating over boiling water until marshmallows are melted. Stir to blend well. Remove from heat and cool. Pour 1 cup evaporated milk into ice cube tray and chill until ice crystals form; add vanilla and whip until stiff. Fold in chocolate mixture lightly but thoroughly. Pour all at once into ice cube tray and freeze. Makes 3-4 servings.

## NEW BAKED CUSTARD

|                                      |                   |
|--------------------------------------|-------------------|
| ⅔ cup A&P Instant<br>Nonfat Dry Milk | 2 eggs, beaten    |
| ¼ tsp. nutmeg or<br>cinnamon         | ¼ cup cold water  |
| ⅓ cup sugar                          | 1½ cups hot water |
|                                      | ½ tsp. vanilla    |

Set oven at 350° (moderate). Combine non-fat dry milk, sugar and spice; mix in beaten eggs and cold water. Blend thoroughly, then stir in hot water and vanilla. Pour into 4 buttered custard cups and set in shallow pan of hot water. Bake about 50 minutes, or until knife inserted in custard comes out clean. Cool. Makes 4 servings.

*for milk... have some every day*



## FROZEN ORANGE CREAM

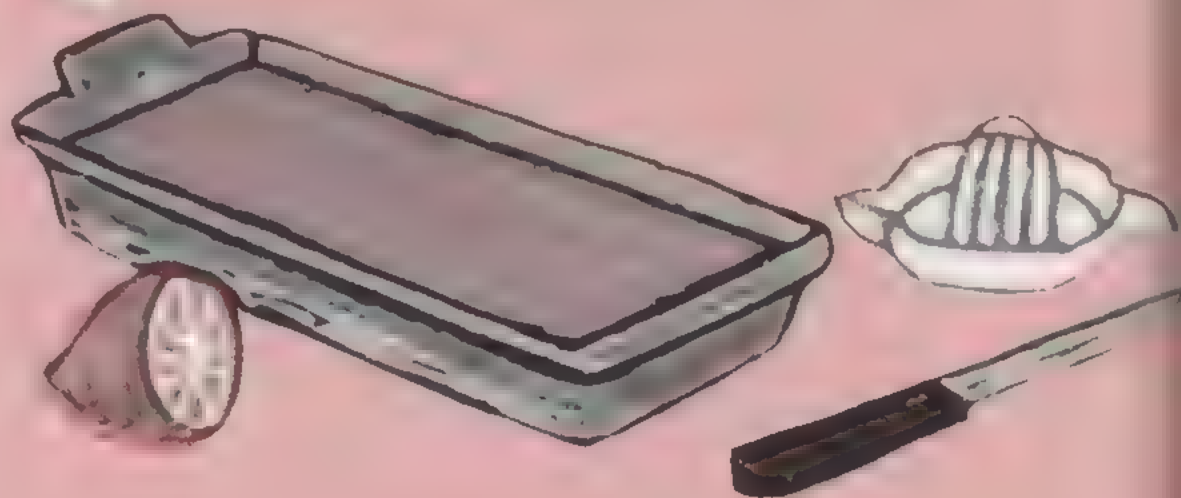
|                                        |                      |
|----------------------------------------|----------------------|
| 1 egg, separated                       | 1/3 cup sugar        |
| 1/3 cup water                          | 1/4 cup orange juice |
| 1/2 cup A&P Instant<br>Nonfat Dry Milk | Pinch salt           |

Combine egg white, water, and nonfat dry milk; beat with a rotary beater (or electric beater) until mixture is stiff and stands in peaks. Beat together egg yolk, sugar, orange juice and salt. Gradually beat orange mixture into stiffly whipped dry milk mixture. Turn into a large (1-qt.) refrigerator tray and freeze at coldest temperature until firm; do not stir. Makes 4-5 servings.

## APPLE FREEZE

|                            |                              |
|----------------------------|------------------------------|
| 1 cup canned<br>applesauce | 1 tsp. grated lemon<br>rind  |
| 1/4 cup sugar              | 1 cup A&P Evaporated<br>Milk |
| 3 Tbsp. lemon juice        |                              |

Combine all ingredients and mix well (sugar must be dissolved). Pour into refrigerator tray and freeze at coldest temperature until almost firm; turn into a chilled bowl and beat until smooth. Return to refrigerator tray and refreeze. Makes 4-5 servings.



## CREAMY CHOCOLATE PIE

|                                      |                                |
|--------------------------------------|--------------------------------|
| 3 Tbsp. cornstarch                   | 2 squares chocolate,<br>melted |
| 1 cup sugar                          | 3 eggs, separated              |
| ¾ cup A&P Instant<br>Nonfat Dry Milk | 1 ½ tsp. vanilla               |
| ¼ tsp. salt                          | 1 baked 9-in. pie shell        |
| 2 cups water                         | 6 Tbsp. sugar                  |
| 2 Tbsp. butter                       | Dash salt                      |
|                                      | Slivered almonds               |

Set oven at 300° (slow). In a saucepan mix cornstarch, sugar, dry milk and salt; slowly stir in water. Cook, stirring constantly, over low heat until thick. Stir in butter and melted chocolate. Mix a little hot mixture with well-beaten egg yolks, then combine all with remaining hot mixture. Return to heat and stir and cook until thick; stir in vanilla. Cool. Beat egg whites with remaining sugar and salt until stiff but moist. Pour cooled filling into baked pie shell; spread meringue over filling and sprinkle with slivered almonds. Bake about 15 minutes, or until meringue is browned.

## SCOTCH SQUARES

|                              |                                      |
|------------------------------|--------------------------------------|
| ½ cup shortening             | ½ cup sifted flour                   |
| 1 cup brown sugar,<br>packed | ⅓ cup A&P Instant<br>Nonfat Dry Milk |
| 2 eggs, beaten               | ½ tsp. salt                          |
| 1 cup chopped nuts           | ½ tsp. cinnamon                      |
| 1 tsp. vanilla               |                                      |

Set oven at 350° (moderate). Melt shortening and mix in brown sugar and beaten eggs; stir in nuts and vanilla. Sift dry ingredients together; add to shortening mixture and beat until smooth. Divide batter between 2 greased and floured 8-in. square pans. Bake 30-35 minutes. Cool in pans; cut in squares. Makes about 32 squares.

*than you get in thrifty A & P Milk Products...* 53

## PECAN PRALINES

|                     |                   |
|---------------------|-------------------|
| 2 cups sugar        | 1 Tbsp. vinegar   |
| 1 tsp. baking soda  | 2 Tbsp. butter or |
| 1/8 tsp. salt       | margarine         |
| 1/3 cup A&P Instant | 2 cups coarsely   |
| Nonfat Dry Milk     | chopped pecans    |
| 2/3 cup water       |                   |

In a large saucepan, mix sugar, baking soda and salt; combine nonfat dry milk, water, and vinegar in a bowl; let stand about 5 minutes. Stir liquid mixture into sugar mixture; bring to a rapid boil, stirring constantly. Cook and stir for about 5 minutes; add butter or margarine and nuts. Continue cooking until a soft ball forms when a small amount of mixture is dropped in cold water. Remove from heat and cool about 10 minutes; beat until thick and creamy. As soon as mixture thickens and dulls, drop by tablespoonfuls onto wax paper. Let stand until firm.

## CHERRY COOKIE PUFFS

|                          |                       |
|--------------------------|-----------------------|
| 1 cup shortening         | 2/3 cup A&P Instant   |
| 1/4 cup sugar            | Nonfat Dry Milk       |
| 1 cup chopped nuts       | 1/4 tsp. salt         |
| 1/2 cup minced           | 2 Tbsp. water (about) |
| candied cherries         | 1/4 cup cocoa         |
| 2 tsp. vanilla           | 1/4 cup confectioners |
| 2 cups sifted cake flour | sugar                 |

Set oven at 375° (moderately hot). Cream shortening and sugar until fluffy; stir in nuts, minced cherries and vanilla. Sift dry ingredients together and add, with water, to first mixture. Dough will be dry and crumbly; if it is too crumbly to handle, add a little more water, a few drops at a time. Shape dough into little balls with the hands; place on greased cookie sheet. Bake 15-18 minutes; remove from pan and roll in combined cocoa and sugar while still warm. Makes about 3 dozen puffs.



## PEANUT RAISIN COOKIES

|                                        |                                               |
|----------------------------------------|-----------------------------------------------|
| 1 $\frac{3}{4}$ cups all-purpose flour | $\frac{1}{2}$ cup A&P Instant Nonfat Dry Milk |
| 1 $\frac{1}{3}$ cups sugar             | $\frac{1}{3}$ cup water                       |
| 1 tsp. baking powder                   | 1 cup chopped peanuts                         |
| 1 tsp. salt                            | $\frac{1}{2}$ cup chopped raisins             |
| $\frac{3}{4}$ cup soft shortening      | $\frac{1}{2}$ tsp. vanilla                    |
| 2 eggs, beaten                         |                                               |
| 1 tsp. grated lemon rind               |                                               |

Set oven at 375° (moderately hot). Sift dry ingredients together into a large bowl; cream shortening. Beat eggs, lemon rind and liquid into shortening; add dry ingredients a little at a time, thoroughly mixing each time. Add peanuts, raisins and vanilla; mix well. Drop spoonfuls of mixture onto a greased cookie tin about 3 in. apart; bake about 14 minutes or until edges brown. Remove at once from cookie tin; cool on rack. Makes about 3  $\frac{1}{2}$  dozen large cookies.

## NO-BAKE BROWNIES

|                                               |                                       |
|-----------------------------------------------|---------------------------------------|
| 1 cup A&P Evaporated Milk                     | 1 cup chopped walnuts                 |
| 1 package (8 oz.) semi-sweet chocolate pieces | 4 cups graham cracker crumbs          |
| 1 tsp. vanilla                                | $\frac{1}{2}$ cup confectioners sugar |

Stir  $\frac{3}{4}$  cup of milk and chocolate pieces over low heat, until chocolate melts. Add vanilla. Set aside  $\frac{1}{2}$  cup chocolate mixture. Stir remaining milk into remaining chocolate. Mix thoroughly with walnuts, crumbs, and sugar. Spread evenly in buttered 9-inch square pan. Top with reserved chocolate mixture. Chill. Makes 3 dozen 1  $\frac{1}{2}$ " squares.

## UPSIDE-DOWN APPLE CAKE

|                                     |                                        |
|-------------------------------------|----------------------------------------|
| 1 can sliced pie apples,<br>drained | 1/2 cup A&P Instant<br>Nonfat Dry Milk |
| 1/4 cup brown sugar                 | 1/4 cup sugar                          |
| 1/4 tsp. cinnamon                   | 2 1/2 tsp. baking powder               |
| 2 Tbsp. molasses or<br>honey        | 1/2 tsp. salt                          |
| 1 1/2 cups sifted flour             | 1/4 cup shortening                     |
|                                     | 1/2 cup water                          |

Set oven at 400° (hot). Spread apple slices in greased oblong baking pan; sprinkle with combined brown sugar, cinnamon, molasses or honey. Sift dry ingredients; cut in shortening until mixture is crumbly. Add water, mixing to form a soft dough; if dough appears too stiff, add an additional tablespoon or more water. Spread batter over fruit; bake 25-30 minutes. Turn out and serve warm in squares. Makes 8 servings.

## EASY CARAMEL CUSTARD PIE

|                                      |                              |
|--------------------------------------|------------------------------|
| 1 cup A&P Instant<br>Nonfat Dry Milk | 3 eggs, beaten               |
| 1/2 cup sugar                        | 1 1/2 cups boiling water     |
| 1/4 tsp. salt                        | 6 Tbsp. brown sugar          |
| 1/4 tsp. nutmeg                      | 1/4 tsp. cinnamon            |
| 1 cup cold water                     | Dash salt                    |
| 2 tsp. vanilla                       | 1 unbaked 9-in. pie<br>shell |

Set oven at 350° (moderate). Sift dry ingredients together; add water and vanilla; mix until smooth. Stir in beaten eggs, then stir in boiling water. Combine brown sugar, cinnamon and salt; sprinkle over bottom of unbaked pie shell. Pour in custard mixture. Bake 45-50 minutes, or until knife inserted comes out clean. Cool and serve.



*Enjoy more milk benefits...*

## FILLINGS, FROSTINGS AND TOP-OFFS

### WHIPPED DESSERT TOPPING

½ cup A&P Instant  
Nonfat Dry Milk  
½ cup ice water

2 Tbsp. lemon juice  
¼ cup sugar  
½ tsp. vanilla

In a bowl combine nonfat dry milk, ice water, lemon juice. Use a rotary beater or electric mixer, and beat until mixture is very stiff. Beat in sugar and vanilla; beat until sugar is dissolved and mixture is smooth and creamy. Serve at once. Use as topping for desserts. Makes about 1½ cups.

**VARIATIONS:** Make as indicated, then blend in 2 Tbsp. cocoa; or make as above and fold in ¼ cup flaked coconut.

### FRUIT WHIPPED TOPPING

Substitute ice-cold fruit juice—orange, apricot, grape or cranberry—for the ice water in Whipped Dessert Topping (left).

### WHIPPED VELVET TOPPING

1 small can A&P  
Evaporated Milk  
( $\frac{2}{3}$  cup)

3 Tbsps. sugar  
1 Tbsp. lemon juice  
½ tsp. vanilla extract

Pour evaporated milk into an ice-cube tray and chill until crystals form around the edges. Chill bowl and beater at the same time. Combine sugar and lemon juice in the bowl and stir to dissolve sugar. Add milk, beat until stiff. Blend in vanilla. Serve at once. Makes about 2½ cups.

*use thrifty A & P Milk Products regularly*



## COFFEE DESSERT SAUCE

|                                          |                                          |
|------------------------------------------|------------------------------------------|
| 1 cup granulated sugar                   | $\frac{2}{3}$ cup light corn syrup       |
| $\frac{3}{4}$ cup brown sugar,<br>packed | $\frac{1}{4}$ cup butter or<br>margarine |
| 3 Tbsp. instant coffee                   | $\frac{1}{2}$ cup A&P Evaporated<br>Milk |
| Dash salt                                | $\frac{1}{2}$ tsp. vanilla               |
| $\frac{1}{2}$ cup cold water             |                                          |

In a saucepan combine all ingredients except evaporated milk and vanilla. Cook and stir until sugar dissolves. Continue to cook to  $236^{\circ}$  on candy thermometer, or until a little of syrup forms a soft ball in cold water. Remove from heat and cool for 5 minutes; stir in evaporated milk and vanilla. Serve with ice cream, puddings and other desserts. Makes about  $3\frac{1}{2}$  cups.

## EASY FUDGE SAUCE

|                                                       |                                                                                               |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 1 package (6 oz.)<br>semi-sweet choco-<br>late pieces | 1 small can ( $\frac{2}{3}$ cup) A&P<br>Evaporated Milk<br>$\frac{1}{4}$ cup light corn syrup |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------|

Cook chocolate and milk over low heat, stirring, until chocolate melts. Remove from heat, add corn syrup, and beat until smooth. Serve hot or cold. Makes  $1\frac{1}{2}$  cups.



## NO-COOK FUDGE FROSTING

|                                               |                                                    |
|-----------------------------------------------|----------------------------------------------------|
| <b>1/3 cup melted butter<br/>or margarine</b> | <b>1/4 cup A&amp;P Instant<br/>Nonfat Dry Milk</b> |
| <b>1/3 cup cocoa</b>                          | <b>2 cups sifted</b>                               |
| <b>2 Tbsp. warm water</b>                     | <b>confectioners sugar</b>                         |
| <b>1 tsp. vanilla</b>                         |                                                    |

Combine all ingredients, except sugar, and mix well until smooth and thoroughly blended. Beat in sugar, about 1/4 cup at a time; continue beating until very smooth and shiny. If frosting thickens too rapidly, add a few drops warm water to get desired consistency.

## CHERRY ALMOND FROSTING

|                                                    |                                               |
|----------------------------------------------------|-----------------------------------------------|
| <b>1/4 cup soft butter<br/>or margarine</b>        | <b>1 1/4 cups confectioners<br/>sugar</b>     |
| <b>1/4 cup A&amp;P Instant<br/>Nonfat Dry Milk</b> | <b>1/2 cup minced<br/>maraschino cherries</b> |
| <b>2 Tbsp. water or milk</b>                       | <b>1/8 tsp. almond flavoring</b>              |
| <b>Dash salt</b>                                   |                                               |

Cream butter or margarine until fluffy; add remaining ingredients in order indicated, mixing well. Cream until desired consistency.

*wherever your recipe calls for milk*

## BUTTER CREAM FROSTING

$\frac{1}{3}$  cup butter or  
margarine

Dash salt

$2\frac{1}{4}$  cups confectioners  
sugar (about)

3-4 Tbsp. A&P Evapo-  
rated Milk

1 tsp. vanilla

Let butter or margarine stand to soften; add salt and beat until light and fluffy. Add about half of sugar and stir smooth; gradually add remaining sugar alternately with evaporated milk, stirring and beating until very smooth. Add vanilla.





## SALADS AND SALAD DRESSINGS

### SEAFOOD SALAD MOLD

- |                               |                                                                                           |
|-------------------------------|-------------------------------------------------------------------------------------------|
| 1 envelope unflavored gelatin | 1 cup A&P Evaporated Milk                                                                 |
| 1/4 cup cold water            | 2 cups flaked salmon, tuna, crab meat, chopped shrimp or combination of fish as preferred |
| 2 tsp. dry mustard            |                                                                                           |
| 2 tsp. salt                   |                                                                                           |
| 2 eggs, beaten                |                                                                                           |
| 1/4 cup vinegar               |                                                                                           |

Soften gelatin in cold water. In saucepan, combine seasonings, beaten eggs, vinegar and evaporated milk; cook and stir over low heat until thickened. Remove from heat and stir in softened gelatin. Cool slightly; mix in fish and turn into a 1-qt. mold. Chill in refrigerator until firm, about 4 hours. To serve, turn out on plate and garnish with greens, olives, dressing, etc. Makes 4-6 servings.

### SAVORY SALAD DRESSING

- |                                     |                        |
|-------------------------------------|------------------------|
| 1/3 cup A&P Instant Nonfat Dry Milk | 1/8 tsp. pepper        |
| 2/3 cup water                       | 1 tsp. sugar           |
| 1 egg, beaten                       | 3 Tbsp. vinegar        |
| 1/4 tsp. salt                       | 1/4 tsp. instant onion |
| 1/2 tsp. dry mustard                | Dash paprika           |

In top of double boiler, mix nonfat dry milk, water, egg and seasonings; cook over hot water, stirring frequently until thickened (10-12 minutes). Remove from heat and cool slightly; stir in vinegar, onion and paprika; cool.

*for best flavor... best quality... best value*

## *HAM MOUSSE WITH EPICUREAN SAUCE*

|                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 envelope unflavored gelatin</b><br><b>¼ cup cold water</b><br><b>1 ½ cups boiling water</b><br><b>4 cups ground cooked ham</b><br><b>½ cup finely chopped celery</b><br><b>½ cup finely chopped sweet pickle</b> | <b>½ cup (4 oz. can) pimiento, chopped</b><br><b>2 Tbsp. minced onion</b><br><b>½ cup dairy sour cream</b><br><b>2 Tbsp. prepared mustard</b><br><b>½ tsp. salt</b><br><b>Dash cayenne pepper</b><br><b>⅔ cup A&amp;P Instant Nonfat Dry Milk</b> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

In small bowl of mixer, sprinkle gelatin on cold water. Add boiling water; stir until gelatin is dissolved; cool to jelly-like consistency. Mix ham, celery, pickle, pimiento, onion, sour cream, mustard, salt and pepper. Sprinkle nonfat dry milk on thickened gelatin; beat until stiff. Fold into ham mixture;

pour into 2½ quart mold. Chill until firm. Serve with EPICUREAN SAUCE. Makes 8 to 10 servings.

### *EPICUREAN SAUCE*

|                                                                                                                                                                         |                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <b>½ cup A&amp;P Instant Nonfat Dry Milk</b><br><b>½ cup water</b><br><b>2 Tbsp. lemon juice</b><br><b>½ cup dairy sour cream</b><br><b>¼ cup prepared horse radish</b> | <b>1 Tbsp. prepared mustard</b><br><b>2 tsp. sugar</b><br><b>½ tsp. salt</b><br><b>¼ tsp. white pepper</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|

In small bowl of mixer beat nonfat dry milk with water and lemon juice until stiff. Combine remaining ingredients. Fold into beaten mixture. Chill well. Serve with Ham Mousse. Makes 3½ cups sauce.



## FANCY FRUIT SALAD

- |                                              |                                                        |
|----------------------------------------------|--------------------------------------------------------|
| 1 pkg. favorite fruit-flavored gelatin       | 1 cup A&P Instant Nonfat Dry Milk                      |
| 1 cup hot water                              | 1 Tbsp. lemon juice                                    |
| 2 cups drained, canned fruit cocktail        | Maraschino cherries and extra fruit pieces for garnish |
| ½ cup mayonnaise                             | Lettuce                                                |
| 1 cup chilled juice drained from fruit above |                                                        |

Dissolve gelatin in hot water; chill until thick and syrupy. Add drained fruit and fold in mayonnaise. Have fruit juice drained from canned fruit well chilled (add water to make 1 cup liquid, if necessary); combine with nonfat dry milk and lemon juice and beat until stiff. Fold whipped milk into gelatin mixture. Turn into mold and chill in refrigerator until firm. To serve, unmold on plate and garnish with a ring of mixed maraschino cherries and bits of canned fruit; serve on shredded lettuce. Makes 4-6 servings.

## SALADS AND SALAD DRESSINGS

### DELICIOUS CHEESE SALAD SQUARES

- |                              |                              |
|------------------------------|------------------------------|
| 1 envelope plain gelatin     | 1 Tbsp. Worcestershire sauce |
| ¼ cup cold water             | ⅛ tsp. pepper                |
| 2 cups cottage or pot cheese | ¼ tsp. salt                  |
| ½ cup crumbled Bleu cheese   | 1 Tbsp. minced onion         |
| 2 Tbsp. chopped parsley      | ½ cup A&P Evaporated Milk    |
| ½ cup mayonnaise             | 2 Tbsp. lemon juice          |

Soften gelatin in cold water, then dissolve over hot water. Combine cheeses and remaining ingredients, except milk, and mix thoroughly. Have evaporated milk chilled; stir in lemon juice and whip until stiff. Quickly fold milk in cheese mixture; turn into deep square pan rinsed out in cold water. Chill in refrigerator until firm, about 3 hours. Cut in squares and serve on lettuce or with mixed greens. Makes 6 servings.



## OUR BEST POTATO SALAD

|                             |                               |
|-----------------------------|-------------------------------|
| <b>3 Tbsp. salad oil</b>    | <b>½ cup thinly sliced</b>    |
| <b>1 Tbsp. vinegar</b>      | <b>onions</b>                 |
| <b>1 tsp. salt</b>          | <b>1 cup diced celery</b>     |
| <b>¼ tsp. pepper</b>        | <b>2 Tbsp. minced parsley</b> |
| <b>4 cups sliced cooked</b> | <b>¾ cup Savory Salad</b>     |
| <b>potatoes</b>             | <b>Dressing (page 61)</b>     |

Combine oil, vinegar, salt and pepper with potatoes; let stand 1 hour. Add onions, celery, parsley and salad dressing. Serve in crisp lettuce cups. Makes 6 servings.

## BLEU CHEESE DRESSING

|                             |                           |
|-----------------------------|---------------------------|
| <b>½ cup A&amp;P Evapo-</b> | <b>5 oz. Bleu cheese,</b> |
| <b>rated Milk</b>           | <b>crumbled</b>           |
| <b>1 pint mayonnaise</b>    | <b>¼ tsp. garlic salt</b> |

Chill evaporated milk until ice crystals form; whip until stiff. Fold in mayonnaise. Add cheese and salt and blend. Makes about 1 qt.

## FLUFFY MUSTARD DRESSING

|                              |                            |
|------------------------------|----------------------------|
| <b>⅓ cup A&amp;P Instant</b> | <b>⅔ cup mayonnaise or</b> |
| <b>Nonfat Dry Milk</b>       | <b>salad dressing</b>      |
| <b>⅓ cup water</b>           | <b>1 Tbsp. prepared</b>    |
| <b>1 Tbsp. lemon juice</b>   | <b>mustard</b>             |
| <b>or vinegar</b>            | <b>¼ tsp. paprika</b>      |

In a bowl combine nonfat dry milk and water; beat about 3 minutes. Add lemon juice or vinegar and beat until stiff. Fold in mayonnaise or salad dressing and mustard. Chill. Sprinkle with paprika before serving. Serve with vegetables, salads, fish and fish salads and cold meats. Makes about 2 cups.





**Counting calories?** Count on nutritious A&P Instant Nonfat Dry Milk to see you through deliciously while you're slimming! You don't have to confine yourself to dreary, tasteless meals, as these next few recipes prove. Enjoy creamy-tasting soups, salad dressings, even desserts made with A&P Instant. Just notice how few calories there are in these recipes!

*High in Protein... Low in calories*

ONLY 50 CALORIES PER SERVING

### CREAM OF MUSHROOM SOUP

|                                               |                                     |
|-----------------------------------------------|-------------------------------------|
| 1 Tbsp. salad oil                             | Dash pepper                         |
| 2 cups chopped mushrooms                      | 1 bay leaf                          |
| 4 cups chicken broth, made with powdered base | 2 Tbsp. flour                       |
| 1/2 tsp. salt                                 | 1/2 cup A&P Instant Nonfat Dry Milk |
|                                               | 1/2 cup cold water                  |
|                                               | 1/2 chopped onion                   |

Sauté mushrooms in oil. Add broth, onion, seasonings and bay leaf, bring to boil. Simmer 15 minutes. Mix nonfat dry milk, flour and water and add to soup. Remove bay leaf. Cook for 5 minutes. Makes eight 6-ounce servings. (Compare: *Regular* cream soup—140 calories.)

**TIP:** For Cream of Celery Soup, substitute celery for mushrooms and add 1/2 teaspoon celery salt to seasonings.

ONLY 170 CALORIES PER SERVING

### MEAT BALLS STROGANOFF

|                                     |                                             |
|-------------------------------------|---------------------------------------------|
| 2 Tbsp. A&P Instant Nonfat Dry Milk | 1 egg white, beaten                         |
| 1/4 cup water                       | 1 Tbsp. oil                                 |
| 1 slice white bread, crumbled       | 1 cup beef consomme                         |
| 1 lb. top round beef, ground        | 1/2 cup A&P Instant Nonfat Dry Milk         |
| 1 tsp. salt                         | 2 Tbsp. tomato paste                        |
| Dash pepper                         | 1/4 cup chopped canned mushrooms (optional) |

Stir milk with water. Add bread, ground beef, and seasonings. Fold in egg white. Shape tiny meat balls, brown in oil. Remove to heated platter. Drain off fat. Add remaining ingredients and heat, stirring, until blended. Add meat balls, simmer 5 minutes. Serves 8. (Compare: *Regular* Stroganoff—242 calories.)





**ONLY 19 CALORIES PER TABLESPOON**

### *CREAMY SALAD DRESSING*

|                                            |                                     |
|--------------------------------------------|-------------------------------------|
| 1/2 cup sieved cottage cheese              | 1 Tbsp. chopped chives              |
| 1/4 tsp. salt                              | 2 Tbsp. lemon juice                 |
| 1 tsp. dry salad dressing mix (any flavor) | 1/4 cup ice-cold water              |
|                                            | 1/4 cup A&P Instant Nonfat Dry Milk |

Combine first five ingredients. Whip nonfat dry milk and water until stiff. Combine with cheese mixture. Chill. Serve on a cucumber salad, or with any fresh vegetable salad. Makes 2/3 cup. (Compare: One tablespoon *regular* creamy salad dressing 60 calories.)

**ONLY 27 CALORIES PER SERVING**

### *COLA BAVARIAN*

|                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 envelope unflavored gelatin       | 2 Tbsp. lemon juice                |
| 16 oz. bottle low calorie cola      | 1/2 tsp. powdered sugar substitute |
| 1/2 cup A&P Instant Nonfat Dry Milk | 1/2 tsp. grated lemon rind         |

Soften gelatin in 1 1/2 cups cold cola, then stir over low heat until gelatin dissolves. Chill in refrigerator until thick and syrupy. Combine nonfat dry milk, lemon juice, sugar substitute and 1/2 cup cold cola. Whip until mixture stands in peaks. Add grated lemon rind. Fold whipped milk into gelatin mixture. Spoon into 1-quart mold or serving dish and chill until firm, 3 to 5 hours. Makes 8 half-cup servings. (Compare: One serving *regular* Bavarian—104 calories.)

*Slimmers' choice for sure*

**ONLY 65 CALORIES PER SERVING**

## *STRAWBERRY WHIP*

**½ cup A&P Instant  
Nonfat Dry Milk  
½ cup ice water  
1 tsp. lemon juice**

**1 jar (8 oz.) low  
calorie strawberry  
preserves**

Combine nonfat dry milk, water and lemon juice. Whip with rotary beater until stiff. Fold  $\frac{3}{4}$  jar of preserves into whip. Spoon into dessert goblets, top with remaining preserves. Makes 4 servings. (Compare: *Regular* strawberry whip—340 calories per serving.)



**nother Top Quality Favorite...**

**A&P INSTANT CHOCOLATE-FLAVORED DRINK**

One of the tastiest quick-trick mixes ever! Makes scrumptious beverages in seconds—just add hot or cold water and stir (the milk's already in it).

Makes other chocolate-flavored treats, too. You'll find recipes for them on the sides of the package. Remember the name—A&P Chocolate-Flavored Drink. Sold exclusively at A&P, of course...and guaranteed to please!



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